

Audio Narrative - How to Bring More Love to Life (Green sections indicate a slide on the video)

Hi, I'm RL founder, author, composer and musician at hereandnowhappiness.com where our mission is to help you, me, and anyone **BE the way we want to BE.**

And let's see if we can shed some truly illuminating light on the elusive subject of what love is and how we bring love to life by providing just a brief 2% description of the almost unknown, unmapped, inner BE level of our life experience.

Starting with a few facts.

We all want to love and be loved. And for good reasons. For one, love feels great because, it's the complete absence negativity. In fact, unconditional love is so purely positive it can instantly gives us the gift we all want most - inherent positive self-worth. And across the globe and across the ages people agree, love is the height of human expression and goodness. And importantly, the potential to love is always there - completely free and available to us

So... **Why so little love in the world?**

Here's the problem. Sure, we all understand how to apply our cognitive mind and physical body to know things and have things and do things. But love isn't something mind and body know or have or do. If it were, we'd have lots of love in the world. But we don't. Because, **love is something we BE.**

And the reason we've never understood love, is because we've never understood the entire inner BE level of our life experience **where love originates or fails to originate.**

And we've never understood how our spiritual or highest nature actually works at the inner BE level.

Well, now we do.

And to describe that as briefly as we know how, **let's build out this super-simplified model of how we experience life.**

And I should mention that we're super-simplifying from this much more comprehensive map or model that we've developed. So we experience life all the time on two levels. **One is the transactional DO level.**

Where cognitive mind and physical body express in the form of all the thoughts, words, actions, and interactions we DO.

Not complicated, we get that.

But we mostly don't get **the inner BE level.**

Where our spiritual or highest nature or the lack of it, our needy lower nature, express in the form of... Who we BE, what we BE, and our most deeply held motivations. And given our subject, let's focus on what we BE.

As you can see, **we humans express what we BE, in the form of positive and negative inner states of being.**

First looking at the positive states. **They're all life-enhancing as they nurture, strengthen, and liberate or free us. Of the list, love is the most powerfully strengthening and liberating. And we all, universally want to BE those positive states.**

And super-importantly.... **Those positive states of being are our inner expression of our highest nature. Yeah, when our highest nature is Who we BE, those positive states of being are what we BE.**

And looking at those negative states. **They're all subtractive. As they weaken, constrain, and control us. Hatred and shame are the most weakening and controlling. And unfortunately, most of us, most often BE those negative states.**

And super-importantly.... Those negative states of being are our inner expression of the needy, lower nature. And when our lower nature is who we BE, those negative states of being are what we BE.

So looking at that super-simplified model of the BE level, here's how it works.

First let's know that all of those states of being exist as potential. The potential for inner peace, inspiration, love is always there. The potential for anxiety, frustration, anger, hatred is always there. And given that...

Here's the big deal.

We unique humans bring potential to life by way of who and what we BE. Yeah, we are the transfer mechanism that brings potential to life. And we're all bringing some degree of positive or negative potential to life all the time.

For example, how we bring love to life.

When we BE our highest nature, the highly positive potential of love expresses within us. We BE the state of love. That strengthens, nurtures and frees us from inner BE level negativity.

And then, get this! In turn, our deepest motivations will be to nurture, strengthen, and free others and our self. Causing our behaviors, the thoughts, words, actions, interactions that cognitive mind and physical body DO to nurture, strengthen and free others and self.

That entire cascade of inner and outward positivity is available to anyone. When we BE the way we want to BE.

And it works exactly the same with negativity. From the needy, lower nature to weakening, constraining, controlling states of being that drive motivations and behaviors that aim to weaken and control others and self. Including self-deceiving, self-defeating, and even self-destructive behaviors.

Summary

So with just that 2% description of our BE level / DO level life experience, now we know.

If we want more love in the world. As Mahatma Gandhi famously said. We have to BE the change we want in the world.

Yeah, first, we have to BE the highly positive, strengthening, nurturing, liberating state of love. And the good news is.... We have absolutely cracked the code on how to stop BEING negative and BE the positive way we all want to BE.

And if you'd like to find out 98% more about all of that, check us out at hereandnowhappiness.com. I think you'll BE glad you did.